



North area Bulletin July 2019

Hi all,

Welcome to the July bulletin for the North area, produced by the North Families in Focus team.

Please find included a wealth of information regarding forthcoming events, training and opportunities for families, young people and professionals working with them.

Many thanks to all our contributors for providing this information. We hope that you will find some opportunities which are of use to you or the children/families that you are working with- please feel free to share this with others and if anyone from your organisation or team wishes to be added to our mailing list just get in touch.

Please note that this information is being shared by Families in Focus but if you require any further details you are best off contacting the relevant organisation/team. All information is provided by the organisers and Families in Focus hold no responsibility for their contents. Bristol City Council does not endorse the organisations or activities and you should make your own checks to satisfy yourself of the quality of the services on offer. If you would like information in other languages or in different readable formats, please contact the original agency who will hopefully be able to help you.

If you have anything you would like us to send out to our network (of over 700 recipients) in our next bulletin please send a flyer or document to familiesinfocusnorth@bristol.gov.uk. We aim to get our next bulletin sent out before the October half term holidays so please ensure any items for inclusion are sent through by Friday 11th October so we can get the bulletin sent out the following week. We cannot guarantee to include everything but will prioritise information on activities that practitioners will find useful in their organisation or to pass on to families.

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Opportunities and activities for children & young people



Boppin' Babes!

Wednesdays 1.00pm -2.30pm

**Badock's Wood Children's Centre, Doncaster Road,
Southmead, Bristol. BS10 5PW.**

Tel: 0117 3772343/ 0117 959 3800

A friendly, welcoming and
exciting new group for
babies from birth to 18
months old!

Fun and movement to music,
followed by a chance to
meet and chat with other
families.

No need to book - just drop
in and play!

(£1 donation)



nbee
north bristol children's centres

Early Birds

For premature babies and their carers.
A chance to share experiences and ideas for your
baby.
Some sessions include advice from nutritionists or
physiotherapist.



**Every Monday from 1:00-2:30 pm
@Filton Avenue Children's Centre,
Blakeney Road, Bristol BS7 0DL**

nbee
north bristol children's centres

**For more information call
0117 377 2685**



Monday	Tuesday	Wednesday	Thursday	Friday
	Forest School Tuesday 30 th July Meet at Unit 2, The Hub 10:00-12:00 am	Stay and Play Wednesday 31 st July Filton Avenue Nursery Garden 10:00-11:30 am	Boing! Softplay Thursday 1 st August 1:00 -3:00 pm	
		Stay and Play Wednesday 7 th August Filton Avenue Nursery Garden 10:00-11:30 am	Boing! Softplay Thursday 8 th August 1:00 -3:00 pm	
	Forest School Tuesday 13 th August Meet at Unit 2, The Hub 10:00-12:00 am	Stay and Play Wednesday 14 th August Filton Avenue Nursery Garden 10:00-11:30 am	Boing! Softplay Thursday 15 th August 1:00 -3:00 pm	
		Stay and Play Wednesday 21 st August Filton Avenue Nursery Garden 10:00-11:30 am	Boing! Softplay Thursday 22 nd August 1:00 -3:00 pm	

For more information call 0117 377 26 85 or email nbcc@bristol-schools.uk

Monday	Early Birds 1:00pm-2:30pm	Filton Avenue Children's Centre, Blakeney Road, BS7 0DL	For babies that have been born prematurely or spent time in special care after birth.
	Stay and Play 9:15am-10:45am	Stoke Park Children's Centre (use Romney Avenue entrance) Brangwyn Grove, Lockleaze BS7 9BY	A stay and play session for families living in the local community.
Tuesday	Rockabye 10:00am-11:00am	For further information and to book a place please call 0117 377 2680	A safe space to explore any of the worries and struggles associated with being a new parent.
	Baby Club 10:30am-11:45am	Stoke Park Children's Centre (use Romney Avenue entrance) Brangwyn Grove, Lockleaze BS7 9BY	Parents/carers and babies 0-12 months old. Sensory play experiences and practical advice available.
Wednesday	Stay and Play 9:45am-11:15am	Filton Avenue Children's Centre, Blakeney Road, BS7 0DL	A stay and play session for families living in the local community.
	Stay and Play 1:00pm-2:30pm	Filton Avenue Children's Centre, Blakeney Road, BS7 0DL	A stay and play session for families living in the local community.
Thursday	Baby Club 10:30am-11:45am	Filton Avenue Children's Centre, Blakeney Road, BS7 0DL	Parents/carers and babies 0-12 months old. Sensory play experiences and practical advice available.
Friday	Stay & Play 9:30am-11:00am	Upper Horfield Children's Centre, Sheridan Road, BS7 0PU	A stay and play session for families living in the local community.



For further information contact North Bristol Children's Centre—0117 3772685

nbcc north bristol children's centres

SUMMER HOLIDAY

FOREST SCHOOL

For CHILDREN aged 0-5

TUESDAY 30TH JULY

TUESDAY 13TH AUGUST

From 10:00 TO 12:00

Meet at Unit 2 the Hub
(next to Boing!)

Bring a
sunhat +
wellies

Free
water
bottles

Come and join us in the
Summer holidays for
two forest school
sessions



For more information call 0117 377 26 85

or email nbcc@bristol-schools.uk

SUMMER HOLIDAY STAY + PLAY

For Children 0-5

**@Filton Avenue Children's Centre,
Blakeney Road BS7 0DL**

Please come and join us from 10:00-11:30am on

Wednesday 31st July

Wednesday 7th August

Wednesday 14th August

Wednesday 21st August



For more information call 0117 377 26 85

or email nbcc@bristol-schools.uk



north bristol children's centres



Softplay Family Centre

North Bristol Children's Centres

SUMMER HOLIDAY

SESSIONS AT

Boing! Softplay Family Centre

The Hub, Gainsborough square

(For Children Under 5)

Please come and join us from 1:00-3:00 pm on

Thursday 1st August

Thursday 8th August

Thursday 15th August

Thursday 22nd August

For more information call 0117 377 26 85

or email nbcc@bristol-schools.uk

Bristol

play
day



2019

Wednesday 7th August
at Castle Park
12 – 3:30pm

**Bring a picnic
and come and
play for FREE!**

**For more info
please visit
www.playday.org.uk**

**PLAYFUL
BRISTOL**





Early Years & Childcare Service
Working in partnership for children
and families

Rainbows North

A stay and play group for pre-school children
with additional needs and their families



An opportunity for
parents of children
with Special
Educational Needs
& Disabilities to
meet



Time to have fun,
playing and
learning together

A space for children to
socialise and explore
with a variety of
resources

At

Long Cross Specialist Children's Centre,
Bristol, BS11 0LP

Every Tuesday 1.30pm – 3.00pm (term-time only)

For more information contact:

Helen Cottrell - 07825315732

Lynda Fullerton-Jones - 07827306204

Jo Crook - 07810500222

This group is for pre-school children, living in Bristol with special educational needs and disabilities and their families. Refreshments will be available.
Travel information can be found on the reverse of this flyer

We look forward to seeing you!

Rainbows East & Central

At St Werburgh's Nursery School, Glenfrome
Road, St Werburgh's, BS2 9UX

Every Wednesday 9.30-11.30 (term time
only)

For more information contact:

Tansy Masters – 07788487070

Helen Cockram - 07500954106

Rainbows South

At Hartcliffe Children's Centre, Hareclive
Road, Hartcliffe, Bristol, BS13 0JQ

Every Thursday 9-11am (term time only)

For more information contact:

Teresa Crossley – 07920081191

Helen Cockram - 07500954106

Summer Family Fun Activities – Henbury, and Badock's Wood Children's Centre

Badocks Wood Stay and Play - Monday

29th July Beach Party – Badocks Wood 9:30-11:00am	 
5th August Gruffalo Hunt – at the woods at Badocks Meet at Badocks Wood Children's Centre at 09.30. We will leave the centre at 09.45. 9:30-11:00am	 
12th August Ready, Steady, Cook Cooking healthy snacks 9:30-11:00am	 
19th August Picnic at Canford park 09.30 -11:15am Meet in the park at 09.30	
26th August Summer Bank Holiday <i>No stay and play today</i>	

Badocks Wood Children's Centre
 Doncaster Road
 Southmead
 BS10 5PW
 Tel: 0117 3772343 / 0117 3773259

Henbury Court Stay and Play - Friday

26th July Gruffalo Hunt - Blaise Estate 9:30-11:15am <i>Meet at museum between 9.30-9.45am</i>	 
2nd August Ready, Steady, Cook Cooking healthy snacks 9:15-11:15am	 
9th August Picnic at Canford park 9:30-11:15am Meet in the park at 09.30	
16th August Sports day Fun for all the family 9:15-11:15am	
23rd August Animal Antics – Lawrence Weston Farm 9:30-11:15am <i>Meet at front gate between 9.30-9.45am</i>	
30th August Beach Party – Henbury Court 9:15-11:15am	 

Henbury Children's Centre
 Trevelyan Walk
 Henbury
 BS10 7NY
 Tel: 0117 3534479 / 0117 9593800

My boys love club so much I can't get them out of the door to come home!"

"I love how they always have different activities and there is always something going on" Scott Age 8

Lawrence Weston Out Of School Activities

Providing affordable childcare in the Community

Join us at LWOOSA and SOOSA for fun and games after school.



We provide a range of toys and activities suitable for all children. These include:

- Construction - Lego - Cars and Garage -
- Role play corner - Quiet area - Board games - drawing - Arts and Crafts -
- Outdoor games - Cooking Activities -

Opening Times:

After School Club - 3pm-6pm

Playscheme - 8.30am - 5.30pm

Cost:

After School Club - £9.50 per session

Playscheme - from £12.50 per session

Cost includes all snacks and drinks.

"As a working parent it was great to find childcare that was a reasonable price and the kids love! Makes going to work that much easier." Sian



SOOSA collect from:

Shirehampton Primary School

St Bernards Catholic Primary School

LWOOSA collect from:

Oasis Academy Bank Lease

Oasis Academy Long Cross

Our Lady of the Rosary Primary School

LWOOSA and SOOSA

Welcome to Lawrence Weston Out Of School Activities (LWOOSA) and Shirehampton Out of School Activities (SOOSA). We are a Charity run organisation (Charity No. 1129694) that provides good quality, affordable childcare to the local community. We are Ofsted registered (LWOOSA Ofsted Reg: EY539375 and SOOSA Ofsted reg: EY392880) and all staff have full DBS checks and are Paediatric First Aid trained.

The After School Clubs are based at Shirehampton Primary School and The Rock, Lawrence Weston. We are open to all children from Reception to Year 6 from our local schools.

A Typical After School Session

Children will be collected from their schools and registered with the After School Club. We have a free play activity session choosing from a range of toys and activities which change on a daily basis. Once children have settled snack is provided. This includes bread, a range of fruit and vegetables and a drink. Children are encouraged to serve themselves and each other. Children then have the opportunity to play outside with a range of toys and games. A planned Playworker led activity is available for those children wishing to take part.

Holiday Playscheme

We also provide childcare during the school holidays. Activities range from Seasonal Craft Activities, messy play, team games, quiet time activities, and on set days throughout the holidays we enjoy taking the children on trips. Recently we have enjoyed 'We the Curious', Bristol Museum, XHeight Climbing, and look forward to many more. Half Day and whole day sessions are available and start from £12.50 per child.

For more information please contact us:

Tel: 07379520005

Email: lwoosa@gmail.com

Facebook: LWOOSA and SOOSA

Web: www.lwoosa.com

KIDS SUMMER HOLIDAY CLUB

August 19th -23rd 2019

At Bristol Steiner School

OPEN TO AGES
5-11



Activities include:

Drawing
Outdoor Activities
Clay Modeling
Free Play
Painting

Full Day—8.30 - 17.30

Half Day—8.30 - 13.00

Or

13.00 - 17.30



Early Booking Fees (Before June 3rd):

£30 - Whole Day

£18 - Half Day

Late Booking Fees (After June 3rd):

£35 - Whole Day

£22 - Half Day

For more info: 0117 933 9990 www.bristolsteinerschool.org

Redland Hill House, Redland, Bristol BS6 6UX, Tel: 0117 933 9990

Website: www.bristolsteinerschool.org

Email: reception@bristolsteinerschool.org

The Ranch Summer Programme

Weds 24th July
Lifecycle
Wild Adventures
with Steve England
2-5pm

Thurs 25th July
Practice for Talent
Competition
Football with Liv
2-5pm

Sat 27th July
Gymnastics with
Cyrus
12.30-4pm

Weds 31st July
Lifecycle - BMX
on football court
2-5pm

Thurs 1st Aug
Sandcastle Competition
Football with Liv
2-5pm

Sat 3rd Aug
BBQ with Sue
Waterslide
12.30-4pm

Weds 7th Aug
Lifecycle - Bike games
Wild Adventures
with Steve England
2-5pm

Thurs 8th Aug
Cooking
with Sue
2-5pm

Sat 10th Aug
Plaster
of Paris
12.30-4pm

Weds 14th Aug
Lifecycle
Learn to ride
(on the football court)
2-5pm

Thurs 15th Aug
Tie Dyeing
Football with Liv
2-5pm

Sat 17th Aug
BBQ with Sue
Waterslide
12.30-4pm

Weds 21st Aug
Lifecycle
Smoothie bike
2-5pm

Thurs 22nd Aug
Giant Marble Run
Football with Liv
2-5pm

Sat 24th Aug
Badgemaking
12.30-4pm

Weds 28th Aug
Lifecycle - mountain
biking trip to Ashton
Court (trip time
1.30-4.15pm)
2-5pm

Thurs 29th Aug
Practice for
Talent Competition
Football with Liv
2-5pm

Sat 31st Aug
Gymnastics with
Cyrus
12.30-4pm

Southmead Adventure Playground
Doncaster Road,
Southmead BS10 5PP
0117 9551561

Quarrel
Community
Foundation

**BRISTOL
PLAYBUS**





Community Arts Centre
Queens Road
Withywood
Bristol
BS73 8LF
0117 964 6799

CREATIVE

SUMMER HOLIDAY PROGRAMME

different creative activities to choose from each day
including craft (e.g. slime making), dance, drama, music, circus & green-screen)

led by professional creatives

suitable for ages 6-11

no activities compulsory, there will always be a choice!



Tuesdays to Fridays

30th July - 2nd Aug

6th - 9th Aug

13th-16th Aug

drop off 9.30-10am. activities 10am-4pm.

pick up 4-4.30pm

Daily fee £12 (includes lunch)

ADVANCE BOOKING REQUIRED via What's On Page of
www.creativeworkspacebristol.co.uk

subsidised places available for participants living in BS13.
contact bravebolddrama@gmail.com or call 0117 964 6799 to apply

programme curated by Brave Bold Drama Theatre and Community Arts Company

www.bravebolddrama.co.uk



supported by Bristol City Council Cultural Investment Programme
and Arts Council England



supporting independent living

Activities for Young Disabled People Living in Bristol

This is a Disabled Persons User Led Organisation with over 20 years of experience in supporting disabled people across the West of England. Their vision is to create an inclusive society where everyone is included with equal opportunities. Their Youth Projects engage with young disabled people and young people with learning difficulties in Bristol.

WECIL run regular sessions for young disabled people in different areas of Bristol. Sessions include activities that enable young people to build skills and knowledge, grow in confidence, interact in a social environment and develop lasting friendships.

More specific details can be found at www.wecil.co.uk/calendar

After School Sessions

After School Clubs:

Specific group for ASD on Tuesdays at Southmead Adventure Playground.

- Ages 8-12 6.15-7.45 pm
- Ages 13-18 7.45-9.15pm



Evening Session:

For ages 13-18, 7-9.30pm Tuesdays
- Hillfields Youth Centre, Fishponds

For ages 13-18, 7-9.30pm Thursdays
- Filwood Community Centre, Knowle

For ages 13-18, 7-9.30pm Thursdays
- Southmead Youth Centre



After School Clubs:

Specific group for ASD on Thursdays at St Pauls Adventure Playground.

- Ages 8-12 6.30-8pm
- Ages 13-18 8-9.30pm



Independent Living Skills:

Transition Group for Young People between the ages of 19-25 looking at a variety of skills needed for the transition into adulthood.

Once a month on a Thursday 7-9.30pm
Southmead Youth Centre



Evening Sessions (Sensory Specific):

For Sensory Specific Impairments, ages 5-18.
- Thursdays 5-7pm Woodside Centre in Kingswood.



Weekend Sessions

Saturday Trips (Sensory Specific):

For Sensory Specific Impairments, ages 5-18.
Various Trips and activities throughout the year.

Saturday Sessions (BME Specific):

For BME groups ages 5-18, 10am -6pm (including pick up/drop off). At various locations

Saturday Sessions and Trips:

For all Young People with additional needs
Between the ages of 13-18. Various Trips and activities throughout the year.



Stay and Play:

- Ages 5-8
- Families are invited to come along
- 10-12pm

Felix Road Adventure Playground.
- 1st Saturday of the month

Inns Court Community Centre, with the Sensory Truck!
- 2nd Saturday of the month

Southmead Adventure Playground
- Last Sunday of the month



Closed Play Session:

- Ages 8-12
- Closed Activity Session
- Booking Required
- 12.30-3.30pm

School Holiday Sessions

Holiday Sessions (BME Specific):

Holiday Sessions for BME groups, ages 5-18, 10am -6pm (including pick up/drop off).

Various places; Avon Valley, Hop Skip and Jump, Puxton Park, Bristol Zoo, Cinema, Bowling, Woodside centre.

Family Activities:

Family Activities in school holidays, 2.5 hrs.
Various places such as: skittles, bowling, climbing, swimming.



Befriending

We link children and young people with volunteers so they can meet up regularly, it is all about building a friendship with someone you can trust to spend time with, giving you the independence and opportunities to do activities you like.



Please be aware that not all of our sessions run weekly.

Please contact the Out and About Team for more information on exact dates of session delivery.

The Vassall Centre, Gill Avenue, Fishponds, Bristol BS16 2QQ
Telephone: 0117 947 9911
Email: hello@wecil.co.uk



Short Breaks Holiday Scheme



- Does your child attend New Fosseway, Claremont, Briarwood or Kingsweston school?
- Are you looking to access provision over the summer holiday?

What and where?

We are running a pilot scheme from 29th July to 23rd August 2019.
3 sessions per week for 5 - 12 year olds (run by Playbus)
and 3 sessions per week for 13 - 18 year olds (run by WECIL) from:

Southmead Adventure Playground, Hillfields Youth Centre and The Inns Court in Knowle.

We are hosting two open evening events so that you can meet the providers, ask any questions face-to-face and visit the centres.
Parents and young people are welcome!

- **Wednesday 19th June, Southmead Adventure Playground, 7-8.30pm**
- **Thursday 20th June, Inns Court, Knowle, 7-8.30pm**

SENSE will deliver five sessions during August from the Woodside Centre, Kingswood for disabled children and young people with complex health needs.

The Woodside Centre has a Changing Places accessible toilet.
If there is demand we can host an open evening from this venue.

Two family fun days are also being arranged for Saturday 27th July and Wednesday 28th August and more details will follow.

To sign up for these sessions, fun days, attend our open evenings or for more information please use the contact details below.

There will be a fun and varied programme of age appropriate sports, leisure and play provision including drama, music, cooking, sensory activities, soft play, cycling, sports, soft play trampolining, cooking, arts and crafts and more on offer across these sessions.

For more information please contact Suzanne on:

☎ 01179479911

✉ suzanne.woodrow@wecil.co.uk

About us

The Out and About Team offer a variety of different services to support Children and Young People with additional needs.

Working with Bristol City Council we have been delivering the Short Breaks services for over 5 years.



We provide a variety of different services for Children and Young People these include:

- Specific provision for Sensory Impairments
- Specific provision for Autistic Spectrum Disorder
- Specific provision for BME Families
- Befriending Service
- Independent Living Skills for Young People aged 19-25
- Family Activities and Trips
- Activities for Children and Young People with additional needs (5-8 years, 8-12 years, 13-19 years)

Contact Us

If you would like anymore information about any of the sessions offered please contact the Out and About referrals team:

outandabout@wecil.co.uk

07835611651

01179554070



Short Breaks for Children and Young People with additional needs



After School Sessions

After School Clubs:

Specific group for ASD on Tuesdays at Southmead Adventure Playground.
- Ages 8-12 6.15-7.45 pm
- Ages 13-18 7.45-9.15pm



Evening Session:

For ages 13-18, 7-9.30pm Tuesdays
- Hillfields Youth Centre, Fishponds

For ages 13-18, 7-9.30pm Thursdays
- Filwood Community Centre, Knowle

For ages 13-18, 7-9.30pm Thursdays
- Southmead Youth Centre



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Independent Living Skills:

Transition Group for Young People between the ages of 19-25 looking at a variety of skills needed for the transition into adulthood.

Once a month on a Thursday 7-9.30pm
Southmead Youth Centre



Evening Sessions (Sensory Specific):

For Sensory Specific Impairments, ages 5-18.
- Thursdays 5-7pm Woodside Centre in Kingswood.



Follow us on Facebook for the latest updates and news:
[@outandaboutbristol](https://www.facebook.com/outandaboutbristol)



Weekend Sessions

Saturday Trips (Sensory Specific):

For Sensory Specific Impairments, ages 5-18.
Various Trips and activities throughout the year.

Saturday Sessions (BME Specific):

For BME groups ages 5-18, 10am -6pm (including pick up/drop off). At various locations

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- 2nd Saturday of the month

Southmead Adventure Playground
- Last Sunday of the month



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Closed Activity Session
- Booking Required
- 12.30-3.30pm

School Holiday Sessions

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Befriending

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Please be aware that not all of our sessions run weekly.

Please contact the Out and About Team for more information on exact dates of session delivery.





SUMMER YOUTH CLUB

At Manor Farm Boys Club, BS7 8ST.

Open to all deaf youth, their siblings and CODAs (Children Of Deaf Adults) in Bristol and surrounding areas.

Monday 29th July-

Airhop and fun activities

(Meet at MFBC for 9am. Pick up at 3pm, Bring packed lunch.)

Wednesday 31st July-

Bowling and a fun workshop (TBC)

(Meet at MFBC for 9am, bring packed lunch. Pick up at 3pm)

Friday 2nd August-

Bush craft and outdoor activities

(Meet at MFBC for 9am, bring packed lunch. More details to be given)

Tuesday 6th August-

Thorpe park day trip.

(Meet at MFBC for 7.30am, bring packed lunch or money. Pick up 6pm ish TBC)"

Thursday 8th August-

Fun Swimming trip at Cardiff international water park

(Meet at MFBC for 9am, bring packed lunch. Pick up time TBC)



www.bravebolddrama.co.uk

subsidised places available for
participants living in BS13
contact bravebolddrama@gmail.com
to apply

Play in a Week

for 8-11 year olds

With award-winning
theatre company
Brave Bold Drama

£60 (includes lunch)

BOOKING ESSENTIAL



email bravebolddrama@gmail.com
for an application form
or call 0117 964 6799

**Mon 19th August to
Sat 24th August**

drop off 9.30-10am pick up 3.30-4pm
performance on Sat 24th August at 2.30pm



Creative Workspace
Queens Road
Withywood
Bristol
BS13 8LF

www.creativeworkspacebristol.co.uk

Oasis Hub North Bristol

Working in partnership to transform our community

FREE Summer fun activities 22nd July— 30th August

Workshops for children & young people

@ Oasis Community Shop

Coding, Arts and crafts and more...

The shop will still be open Mondays-Thursdays 10-2.30pm
selling affordable kids clothes, toys & craft items

t: 07766 750123 e: janine.starr@oasisuk.org

Fb: Oasis Community Shop

Juicy Blitz Youth Project

For young people aged 10-19

Mondays

Outdoor activities—canoeing
archery, paddle boarding & more

Tuesdays

Drop in 4-5.30 pm Project 5.30—7.30pm

Wednesdays

Sports @ Youth Centre 5-7pm

Thursdays

The Occasional Café 11-2pm

Fridays

Drop in 5.30-7pm Project 7-9pm

t: 0117 982 4963 e: rebecca.hussey@oasisuk.org

Fb: JuicyBlitzYouthProject

www.oasisnorthbristol.org

Aisling Bennett, Hub Leader

e: aisling.bennett@oasisuk.org

t: 07788 338701

Hub office—Oasis Academy Long Cross

Lawrence Weston, Bristol, BS11 0LP

Company no: 7237012 Charity no: 1136930





Oasis Hub North Bristol

Working in partnership to transform our community



Free Summer activities for young people

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
22 July Team Building	23rd July Drop in 4-5.30 Project 5.30-7.30	24th July Sports session @ youth centre 5-7pm	25th July The Occasional Café 11-2pm	26th July Drop in 5.30 –7pm Project: 7.00 –9pm
29th July Canoeing Pompom monsters drop in 12-2pm	30th July Drop in 4-5.30 Project 5.30-7.30	31st July Sports session @ youth centre 5-7pm	1st Aug The Occasional Café 11-2pm	2nd Aug Drop in 5.30 –7pm Project: 7.00 –9pm
5th Aug Archery	6th Aug Drop in 4-5.30 Project 5.30-7.30	7th Aug Sewing Drop in 11-1pm Sports session @ youth centre 5-7pm	8th Aug The Occasional Café 11-2pm	9th Aug Drop in 5.30 –7pm Project: 7.00 –9pm
12th Aug Giant Paddle boarding	13th Aug Code breakers Drop in 11-1pm Drop in 4-5.30pm Project 5.30-7.30pm	14th Aug Mobile Smoothie Bar @ LW Farm Fun Day 12-4pm	15th Aug The Occasional Café 11-2pm	16th Aug Drop in 5.30 –7pm Project: 7.00 –9pm
19th Aug Raft building	20th Aug Animal art Drop in 11-1pm Drop in 4-5.30pm Project 5.30-7.30pm	21st Aug Sports session @ youth centre 5-7pm	22nd Aug The Occasional Café 11-2pm	23rd Aug Drop in 5.30 –7pm Project: 7.00 –9pm
26th Aug BANK HOLIDAY	27th Aug Drop in 4-5.30 Project 5.30-7.30	28th Aug Clay Dragon workshop 10.30 -12. Book your place (8-14yrs) Clay Puppy workshop 1pm –2pm. Book your place (5-7yrs with parent) Sports session @ youth centre 5-7pm	29th Aug The Occasional Café 11-2pm	30th Aug Drop in 5.30 –7pm Project: 7.00 –9pm

Oasis Community Shop open Mondays—Thursdays 10-2pm

Summer activities will take place at Juicy, the Shop & other locations, get in touch for details

Shop—fb: Oasis community shop • t: 07766 750123 • e: janine.starr@oasisuk.org

Juicy— fb: JuicyBlitzYouthProject • t: 0117 982 4963 • e: rebecca.hussey@oasisuk.org

Company no: 7237012 Charity no: 1136930





A SUMMER OF DANCE



Where is loneliness?
How do you deal with it?
Do you lose yourself to it or do you stand your ground?

Directed and choreographed by Deepraj Singh. Brought to life by young people in Bristol.

Rooted is a contemporary dance theatre production packed with emotive imagery and rich textured movement, bringing together unheard stories from those living in isolation.

Performed by passionate young dancers using visceral group choreography, it examines what it means to feel alone.

25th - 27th July, 7pm
The Station, Silver Street, BS1 2AG
Pay what you can: £1 - £20



SESSION

*Tonight we come together, to look each other in the eye and dance.
We have time on our side and we're making a space to call our own.*

In this explosive outdoor gathering, Bristol's **Still House** join forces with Tottenham's **Steppaz Performing Arts Academy** and North London's Afrobeats powerhouse **Empire Sounds** to create an exhilarating night of dance and live music where everyone is welcome. Brought to Bristol and produced by **MAYK**.

Kicking up a storm, **SESSION** is part-gig, part-social, and part-dance party as an electric ensemble of young dancers move across hip-hop, contemporary folk and afrobeats vocabularies, celebrating community, youth and belonging.

7th - 11th August, 8:30pm
The Station, Silver Street, BS1 2AG

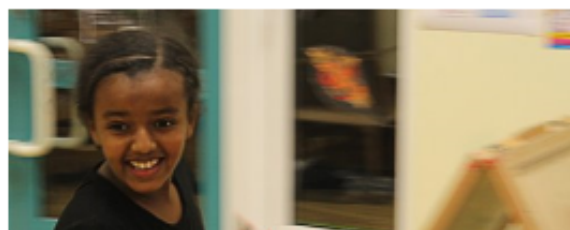
YOUTH GROUPS



FEELING LOW?

Do things get tough sometimes?
Struggling to cope with your feelings?
Come along to our weekly drop-in group and relax, make new friends and make part in games designed to help you explore and manage your thoughts, feelings and actions.

You'll be welcomed by our friendly, trustworthy wellbeing practitioners who are happy to listen over a cuppa and a biscuit. We're here to enable you to stay happy and healthy!



HOLIDAY CLUB

Every school break, we plan a fun and exciting afternoon for young people to enjoy something new in their free time. We do creative activities, sports, cooking and give parents an afternoon for themselves. This is the perfect place for your child to meet new friends and bring their high energy to a safe and welcoming space.

[Book now](#)



REACH UP.

Build your employability skills and confidence
and have the chance to spend a 'day in the life'
of a Coca-Cola employee

Contact:

Emily.Gibbs@creativeyouthnetwork.org.uk

Delivered by

UK YOUTH

Coca-Cola
EUROPEAN PARTNERS

Free food and travel provided

Creative Youth Network have teamed up with [UK Youth](#) and [Coca-Cola EP](#) to bring you 'Reach Up', our latest employability course!

The course is available for young people age 16 to 23 who are NEET, underemployed or at risk of NEET.

Dates:

22nd July – 11:00-17:00

23rd July - 11:00-17:00

29th July – 12:00-16:00

30th July - 12:00-16:00

31st July - 11:00-17:00

7th August – 11:00-16:00

8th August – 13:00-17:00

Location:

The Station, Silver Street, Bristol, BS1 2AG

For more information please visit:

<https://www.creativeyouthnetwork.org.uk/reach-up>

Lunch and travel will be provided.



Build your employability skills and confidence

Learn how to network, gain real life experience
& even run your own business for a day

REACH UP!



Access Creative College have an exciting opportunity for 10 young people to get hands-on at an Event Production workshop at non-other than MOTION. The next workshop is scheduled for Thursday 25th July.

The event is FREE but extremely limited and places are bookable online (link on poster)

Basketball Night

About

Come and learn basic skills and play in a friendly game. Learn the importance of team work. Sportsmanship Basic Skills of the game. Improve shooting and dribbling Positive attitude, respect, confidence. Have fun Meet new people.

All staff have Enhanced DBS Checks.

Details

Ages? 11-19-year olds

When? Fridays

Time? 5:30pm - 7:30pm

Where? Bristol Horn Youth Concern 07557510546 or email: hornyouthconcern@hotmail.co.uk

Venue: St Pauls Community Sports, Newfoundland Rd, Bristol BS2 9NH

How much? Free

Should I book? No need to book, you can just show up

This session is part of the Targeted Youth Services programme in Bristol and is funded by [Bristol City Council](#).



What next?

Check out more of the amazing work that [Bristol Horn Youth Concern](#) do in inner-city Bristol.

Football Night

About

Practice your dribbling, passing and shooting with Bristol Horn Youth Concern. Keep healthy, make new friends and be part of your local community.

All staff have Enhanced DBS Checks.

Details

Ages? 15-19-year olds

When? Fridays

Time? 7:30pm - 8:30pm

Where? City Academy Sports Centre, Russell Town Ave, Bristol BS5 9JH

How much? Free

Should I book? No need to book, you can just show up

This session is part of the Targeted Youth Services programme in Bristol and is funded by [Bristol City Council](#).



What next?

Check out more of the amazing work that [Bristol Horn Youth Concern](#) do in inner-city Bristol.

You can also get **personal advice and support** at The Station.



SUMMER HOLIDAY SESSIONS

SATURDAY 27th JULY

CLUB SESSION (£2)

10am - 12pm

SATURDAY 3rd AUGUST

CLUB SESSION (£2)

10am - 12pm

WEDNESDAY 7th AUGUST

COACHED BMX SESSION (FREE)

10am - 12pm

SATURDAY 10th AUGUST

CLUB SESSION (£2)

10am - 12pm

WEDNESDAY 14th AUGUST

COACHED BMX SESSION (FREE)

10am - 12pm

SATURDAY 17th AUGUST

CLUB SESSION (£2)

10am - 12pm

WEDNESDAY 21st AUGUST

COACHED BMX SESSION (FREE)

10am - 12pm

FRIDAY 23rd AUGUST

GIRLS ONLY BMX SESSION (FREE)

12.30pm - 1.30pm

SATURDAY 24th AUGUST

CLUB SESSION (£2)

10am - 12pm

THURSDAY 29th AUGUST

COACHED BMX SESSION (FREE)

10am - 12pm

THURSDAY 29th AUGUST

COMMUNITY BIKE MAINTENANCE (FREE)

1pm - 4pm (Running at Ambition Lawrence Weston)

FRIDAY 30th AUGUST

GIRLS ONLY BMX SESSION (FREE)

12.30pm - 1.30pm

SATURDAY 31st AUGUST

CLUB SESSION (£2)

10am - 12pm

**BMX
BRISTOL**



LAWRENCE WESTON BMX TRACK

HENACRE ROAD

BRISTOL

BS1 1 0HA

All equipment is included
Wear trousers and long sleeves
No booking is required
Contact for further information
All ages and abilities welcome!

INCLUDES WINGZ RIDERS



(INCLUDES FOR ANYONE WITH ANY
DISABILITY, IMPAIRMENT AND/OR
ADDITIONAL NEED)



0117 941 5829



bmxb@accesssport.co.uk



[@LdubBMX](https://www.facebook.com/LdubBMX)



Drug & Alcohol Advice & Support for Young People*

Want to learn more about the risks?

Looking for safety advice?

Want to cut down?

Worried about someone else?



Call us on 0117 987 6008 or email youth@bdp.org.uk

Office hours:

Mon - Fri 9am - 5pm. Closed bank holidays.

*For young people aged 11 - 19, or 25 if
you have a learning difficulty.



www.bdp.org.uk/youth

For parents or all the family



A poster for a community development course. The background is black with several large, colorful handprints (blue, green, orange, yellow, pink) at the top and bottom. The text is centered and uses a mix of white and orange colors. At the bottom left is the City of Bristol College logo, and at the bottom right is a small illustration of children playing.

LOVE TO WORK IN YOUR COMMUNITY?

GET QUALIFIED!

YOU CAN GAIN A
PROFESSIONAL QUALIFICATION IN
COMMUNITY DEVELOPMENT

GUARANTEED INTERVIEW FOR
PAID EMPLOYMENT AT THE
END OF THE COURSE

CHILDCARE | KITCHEN WORK | ADMIN | CRECHE WORK

STARTS THURSDAY 12 SEPTEMBER 9.30-12.30
AT HENBURY COURT CHILDREN'S CENTRE

*Places will be offered subject to meeting eligibility requirements.

CONTACT:

Becca Lloyd: 07890 518607 or Kate Fairhurst: 0117 9593800

 **CITY of BRISTOL COLLEGE** in partnership with 

WANT THE BEST FOR YOUR CHILD?

Kids Matter is a free friendly group for anyone with children aged 0-10 years. We discuss how to build strong families & help kids do their best in life.

**During the 6 weeks,
we cover the following:**

Taster – Come and see what it's like to be a Kids Matter group

Session 1 – Being a strong family

Session 2 – Loving our children well

Session 3 – Play, encouragement and listening

Session 4 – Routines, choices and rewards

Session 5 – Family rules and consequences

Session 6 – The bigger picture

Booster – Checking in 3 months later

Every session will have tea & cake and a Free crèche.



**Kids Matter will be running for 6 weeks for
parents and carers in your area soon!**

For more information contact:

Insert your details here

Registered charity in England & Wales 1163617

Kids Matter in Bristol

Kids Matter is an evidence-based, free, 6 week parenting programme which has been developed for use with disadvantaged and vulnerable communities. Although devised by Christians it is not faith specific and can be used within all people groups.

Programmes are run from churches either on their own premises, or within their local communities. Churches buy in and financially maintain the programme, and pay for facilitator training. Costs to any local host would be crèche cover, refreshment facilities and building overheads.

Groups are a maximum of 8 parents together with a Facilitator and Group Helper. Facilitators are trained over 4 days and have ongoing supervision and support meetings. Group Helpers have a vital role in being part of the local community, supporting the Facilitator during the programme sessions, and in between times. They are not formally trained.

The 6 week programmes are preceded by introductory taster sessions for those who might be interested in attending. The programme itself covers:

- Building a Strong Family
- Loving Our Children Well
- Play, Encouragement and Listening
- Routines and Rewards
- Family Rules and Consequences
- The Bigger Picture

At the end of the programme there is an informal Follow Up session 6 weeks later and a formal Booster after 12 weeks. If agreed, members can stay in touch and encourage each other via a WhatsApp Group.

The trained facilitators in North Bristol, based at Stephen's Church, Ullswater Road, Southmead, are Joanna Bacon and Trena Blundell. They have run 3 programmes in the last year from the church premises, and will be facilitating their first at Fonthill School in the autumn. Other trained facilitators are based in Lawrence Weston, Portishead, Knowle, Clifton and Fishponds.

For further information the website is very useful:

Contact: info@kidsmatter.org.uk



Free Stressbusting Course for Parents

This 10-week course uses mindfulness techniques to look at and manage how we deal with the stress and worry which comes from being a parent or carer. We learn to notice what happens when we are stressed and practice new ways to keep calm when faced with difficulties.

Stressbusting for Parents/Carers uses mindfulness techniques that support us to:

- Feel more confident about being a parent
- Manage stress and frustration and strong emotions
- Talk to and listen to children more calmly

FREE Stressbusting Course for Parents/Carers

Day: Wednesday Mornings
Time: 9.15 am -11.45 am
Dates: Wednesday 18th September 2019 for 10 weeks (term time only)
At: Evergreen Primary School
Cost: FREE
Contact: Claire-Louise on 07949399633,
Email: mpcp.bristol@gmail.com
Website: www.connectingwithmindfulness.co.uk
Or speak to Julie at school to book a place.



Growing Mindful Communities



The Mindfulness for Primary School Parent's Project

The **Mindful Parenting & Community Project (MPCP)** is a not for profit organisation that aims to:

- Raise awareness of the benefits of mindfulness with families and the communities with a particular focus on vulnerable and disadvantaged families without the means to access 'mainstream' mindfulness courses in their localities.
- Support parents in managing stresses and difficulties in their lives, supporting them to become more resilient, parent more effectively and engage more positively within their communities.
- Deliver a range of mindfulness training courses, workshops and information for parents and for professionals working with families and children in the Bristol and Avon area.

Did you know?

The UK Mindful Nation Report states that mindfulness courses for disadvantaged parents should be included in local strategies for emotional well-being and parent support.

Parent Comment:

"Improved awareness of my children and what they are saying and doing. Using Rift and Repair has been very powerful and changed the dynamic with my younger child in a very positive way. The 3 Step Practice has been really helpful in work as it helped me to refocus and think clearly when feeling overwhelmed by amount of work"

Mindfulness for Parents



How is this relevant to your school?

Recent systematic reviews and individual studies of mindfulness interventions with parents and school aged children conclude that:

- Mindfulness courses support parent's self-care, levels of self-compassion and emotional regulation. Parents who are less mindful and self-compassionate have children with higher levels of anxiety and depression.
- Well conducted mindfulness interventions with parents, can **improve the mental, emotional, social and physical health and wellbeing of their children**. It has been shown to reduce stress, anxiety, reactivity and challenging behavior. It can improve sleep, self-esteem, bring about greater calmness, increase self-awareness, empathy and ability to regulate behaviours and emotions.
- Mindfulness can **contribute directly to the development of cognitive and performance skills and executive function**. It can help young people pay greater attention, be more focused, think in more innovative ways, use existing knowledge more effectively, improve working memory, and enhance planning, problem solving, and reasoning skills.



Retreat Day - Mindful Movement and connecting with nature



Growing Mindful Communities



The Mindfulness for Primary School Parent's Project



Twisted Wood

Twisted wood, how came you to be?

All twisted up for us to see.

Wood is strong, and straight, and true

But twisted wood, that's not you.

A natural twist, a bend, a curve
Bound by the mistress of nature
you serve.

A two stranded plait, and double
weave
One to the other, the branches
cleave.

Like lovers, together, forever
entwined

Like lovers, together, forever
combined.

Parent Comment:

"I know this will be my lifesaver. There have been times since starting the course when I would normally have been compelled to self-harm. Sometimes now I am able to let these emotions be and breathe my way to a better state of mind. I'm sure you think I am exaggerating but for 37yrs I've buried so much and found coping mechanisms that have saved my life, but have been severely detrimental. I honestly feel that I will be able to have a more positive future. Stressful times will come and bad things will happen but I know if I continue to practice I can work through them."

What MPCP can offer your school:

- Publicity provided in order to notify/refer parents.
- Two 2hr Mindfulness for Parents Taster Workshops for vulnerable parents.
- Mindfulness for Parents Courses (9 weeks at 2.5 hrs) for vulnerable families in a Bristol school with high levels of deprivation.
- A retreat style practice session for parents to embed their learning.
- A mindfulness session for parents their child to develop dual mindfulness practice.
- Course booklet for each parent to use as a life-long tool.
- Evaluation of the project including a progress report demonstrating evidence.
- Option for Staff member attending the course to fulfill first level of mindfulness training



What next?

Please contact MPCP if you:

- Are interested in hosting this project within your school.
- Would like to find out more about services provided by MPCP.
- Want to speak more about mindfulness with parents & children.



MPCP:
Claire-Louise Symonds, Donna
Person, Jacky Slade,
mppp.bristol@gmail.com
www.connectingwithmindfulness.co.uk
07949399633 or 07747573687



MEETING NOTICE!

Estate Management Housing Drop-in sessions.

These sessions give tenants the chance to meet with Housing Officers to have a say on what improvements you would like to see in your community.

To report or discuss Tenancy issues (such as Anti-Social Behaviour, Hate Crime, Nuisance and Domestic Abuse).



Tuesday 25th June 2019 10am to 1pm.

Tuesday 30th July 2019 1pm to 3.30pm.

Tuesday 20th August 2019 10am to 1pm.

Venue – Lawrence Weston Youth Centre, Long Cross,
Lawrence Weston BS11 0RX.





What people say...

“

"It just broke my heart when I couldn't read to my twin daughters - now I can help them with their homework." - Sarah, Reader

"I now have more confidence and go to more places, as I find road signs and timetables easier. I am a keen cook and can now shop knowing I can find just what I want. And I'm reading to my daughter!" - Sean, Reader

"This has been one of the most rewarding activities I have ever participated in. It is wonderful to see how constant, steady progress can be achieved with just half an hour, twice a week, and I can think of few other skills you could teach someone that could be more empowering or life-changing." - Natalie, Reading Coach

”

Get in touch

If you...

- ✓ know someone who wants to learn to read
 - ✓ can read and would like to help someone else
- ...we'd love to hear from you!

Please contact:

Alison: 07922 654688
email: alison@readeasy.org.uk
South Bristol

Lynda: 07999 432437
email: lynda@readeasy.org.uk
Central Bristol

Gill: 07941 078332
email: gill@readeasy.org.uk
North & West Bristol

Shirley: 07305 952150
email: Shirley@readeasy.org.uk
South Bristol Filwood

Visit us online:

readeasy.org.uk

Read Easy UK. All Read Easy groups are legally and financially independent local organisations, affiliated to Read Easy UK (Registered Charity: 1151288)

 **Read Easy**
Helping adults learn to read



Learn to read with Read Easy

Read Easy is a completely free one-to-one service designed for adults. Learn to read at your own pace, without pressure.

It's friendly, flexible and fun!



What we do

Read Easy local volunteer groups provide one-to-one reading coaching for adults.

More than 7%* of adults in England never learnt to read at school. There are many reasons why some people find it difficult to learn to read when they are children, but the really good news is that it's never too late to learn!

*Skills for Life Survey, 2011 (Dept. BIS)

Getting started is easy!

Why not give it a go? You may find that one-to-one coaching is just what you need to improve your reading and build your confidence.

Read Easy will provide those who want to learn to read with a volunteer to help them, special reading manuals to work through, and a comfortable place to meet at a time to suit them both. It's easy!

Who can learn?

Read Easy is suitable for any adult who wants to learn to read or who needs more confidence with their reading. It's a flexible, confidential, one-to-one scheme, so that you can learn quietly and comfortably at your own pace.

Who can volunteer to help?

Anyone who can read fluently themselves can apply to become a volunteer Reading Coach with their local group. After an initial selection procedure, volunteers will be given training and then matched up with those who want to learn.

What books will we use?

Read Easy Coaches and their Readers use the phonics-based Turning Pages* manuals as their main resource. The manuals are easy to use and, with instructions for the Coach on every page, enable anyone who can read to coach someone else.

The programme also includes lots of reading books, especially written for adults, which can be read alongside the manuals.

* Published by Shannon Trust



Where do we meet?

Readers and their Coaches will be given a choice of places to meet, so that they can choose somewhere that suits them both.

All our reading sessions take place in quiet, discreet venues, so that people can work without being overlooked, but where there will always be other people around.

How long will it take?

Reading sessions last half an hour and take place twice a week. Some people complete the course in as little as a year, while others take more than two years. The important thing is that everyone can learn at their own pace without feeling rushed.

Certificates are presented at intervals to recognise progress.

How can we access support from the Rainbow Centre?

Families can self refer or be referred by others. Call us to discuss and if you are suitable to benefit from our services a referral form can be sent.

The Rainbow Centre also offers support and training to schools, organisations and agencies; costings on request.

What will happen?

Support may be offered by telephone or email. If a referral is progressed our Clinical Lead will meet with the family for the assessment and family support stage of our service. We will discuss which of our services may be most suitable.



Please consider becoming involved in one of the many ways that can help us to continue the vital work we do:

- ♥ Make a one off donation
- ♥ Become a regular donor
- ♥ Take part in one of our fundraising events or activities
- ♥ Get your family, friends or company involved and undertake your own fundraising activity
- ♥ Choose us as your Charity of the Year
- ♥ Volunteer your time
- ♥ Leave a gift in memory
- ♥ Leave a gift in your will

For all enquiries:

0117 985 3343

27 Lilymead Avenue Bristol BS4 2BY

Email: contact@rainbowcentre.org.uk

www.rainbowcentre.org.uk

Twitter: @rainbowcentre

facebook.com/rainbowcentre

The Rainbow Centre for Children is a company limited by guarantee registered in England number 06240935 Registered Charity No. 1120461.

the rainbow centre
helping bereaved children and their families



When a child's Mother, Father, Brother or Sister dies, their lives change forever.

Professional Therapeutic Support for children, young people and their families suffering bereavement

Over 40,000 children are bereaved of a parent every year in the UK, that's 112 a day and 1 every 13 minutes.

The Rainbow Centre for Children was founded over 30 years ago and provides free and professional support to children, young people and their families affected by bereavement.

A range of specialised services are available to suit the needs of each individual child and their family and include:

- ♥ one-to-one counselling
- ♥ art, drama and play therapies
- ♥ facilitated family workshops
- ♥ facilitated youth workshops
- ♥ family fun days
- ♥ advisory services



There is little recognition, support or understanding of the immediate and long-term impact and devastation that death brings to these children and families. Numerous studies show poor outcomes for this disadvantaged group, yet there is little or no statutory support available.

The Rainbow Centre is a lifeline for children and their families and provides a range of services to support them through their grief journey.

There is a high demand for our services and we endeavour to continue

supporting those in need and hope to reach a day where no child will have to experience grief alone.

10,061 babies, children and young people died in the UK in 2016 – that's 28 every day, leaving a substantial number of bereaved siblings.



'We'd just like to express our gratitude to you and the Rainbow Centre for the work you do ... as we travel through and adjust to this blackest and bleakest thing. We are grateful that places like The Rainbow Centre exist.'



Daisy's story

When I first started coming to the Rainbow Centre it felt quite scary and awkward as I had not met Helen, my therapist before. It got better as I got used to it!

My dad had died and then my counsellor, who was helping me at school, died and things just felt worse. I felt really sad and kept thinking, why me? Also at this time I found it difficult to get to sleep and in school it was hard to concentrate and stay in lessons. I was feeling really sad and was missing daddy.

In therapy I did lots of different things including playing with the sand tray, making slime and things from clay including a pet and volcano. We played hide and seek and made dens. Also I did a memory jar, 'healing heart' and a 'party in a bottle'. Through these activities I have shared memories, talked about problems and worries, let my anger out and faced my fears and sad feelings.

Things have changed for me. I feel much better about dad and can stay with my sad feelings for longer now. School is also getting better and I no longer find it difficult to get to sleep at night.

I know if things are feeling difficult I can share with mum and if mum is not around at the time I can take some deep breaths to help myself feel calmer.

I know also that I can go back to the Rainbow Centre in the future if I ever need to.

Daisy, 7



Drop-in sesje informacyjne dla polskich kobiet

Opoka Bristol Specialist DV Service for Polish Women and Children: Free phone line for Polish Women: 0 300 365 1700



PRZERWIJ MILCZENIE!

Jeżeli doświadczasz przemocy lub jesteś świadkiem przemocy w rodzinie zgłoś się do nas dzwoniąc na:

Bezpłatny numer kontaktowy
0300 365 1700

info@opoka.org.uk
www.opoka.org.uk



Bristol Parent Carers Support Groups

We invite parents and carers who have children/young people (0-25) with special needs, disabilities, or life-limiting conditions to:-

- Meet others and share experiences
- Get advice and information
- Get free refreshments and a friendly atmosphere
- Relax with a 15 minute therapy session (NB. No therapy sessions at South Group at the moment but due to be confirmed shortly)

Central Support Group

meet on a Wednesday from 10.30am - 12.30pm

**2019: 16th Jan, 6th Feb, 6th Mar, 3rd Apr, 1st May, 5th June, 3rd July,
 11th Sept, 2nd Oct, 6th Nov, 4th Dec**

At: Phoenix Social Enterprise, 5 Russell Town Avenue, Redfield, Bristol, BS5 9LT

No need to book, just come along. Travel and childcare costs reimbursed with receipts.
 For details: Tel: 0117 939 6645 Ext. 204 (Mon, Tues & Thursdays) or email: rose@bristolparentcarers.org.uk
 Free car park. Buses: 36, 36a, 6, 7, 42-45, Lawrence Hill railway station
 For additional support call Carersline on: 0117 965 2200

North Bristol Support Group

meet on a Wednesday from 10.30am - 12.30pm

**2019: 23rd Jan, 27th Feb, 20th Mar, 24th Apr, 15th May, 19th June, 17th Jul,
 18th Sept, 16th Oct, 20th Nov, 18th Dec**

At: Henbury and Bentry Community Centre, Machin Road, Henbury, Bristol, BS10 7HG

No need to book, just come along. Travel and childcare costs reimbursed with receipts.
 For details: Tel: 0117 939 6645 Ext. 204 (Mon, Tues & Thursdays) or email: rose@bristolparentcarers.org.uk
 Free car park. Buses: 1, 2, 4, 76
 For additional support call Carersline on: 0117 965 2200



South Bristol Support Group

meet on a Thursday from 10.30am - 12.30pm

**2019: 31st Jan, 28th Feb, 28th March, 25th April, 23rd May, 27th June, 18th July,
 26th Sept, 24th Oct, 28th Nov, 12th Dec**

At: The Inns Court Centre, 1 Marshall Walk, Inns Court, Knowle, Bristol, BS4 1TR

No need to book, just come along. Travel and childcare costs reimbursed with receipts.
 For details: Tel: 0117 939 6645 Ext. 204 (Mon, Tues & Thursdays) or email: rose@bristolparentcarers.org.uk
 Free car park. Buses: 36, 90
 For additional support call Carersline on: 0117 965 2200

Developing Health and Independence: Family and Carer's Service



The Families and Carer's Service is a key component of DHI's region wide response to drug and alcohol use. It aims to reduce the impact of an individual's drug and alcohol use on their families and friends. It is open to residents of Bristol, South Gloucestershire and BANES, with dedicated Family Practitioners across the region responding to local need. Under the banner 'Families Also Matter' the service carries out its work using structured support groups, 1:1 sessions for support, advice and counselling, a dedicated family and carers annual conference and the online advice tool www.webfam.co.uk. Concerned family members in Bristol can refer into the service through family@dhi-service.org.uk or 0117 916 6588.

Families Also Matter

Who is this for?

Our families and carers service is open to anyone resident in Bristol, South Gloucestershire or Bath & North East Somerset, who is affected by someone else's drug or alcohol use.

It was a great relief to be able to talk to someone who showed empathy and understanding, but was also very knowledgeable about the effects addiction has on family members.

We found the group incredibly helpful for learning how to deal with the issues of our daughter's alcoholism at a time when stress levels for us had got so bad we were not functioning as we should.

Families Also Matter

webFAM

online self-help tool for families and carers of drug or alcohol users

www.webfam.co.uk

How to contact us

Email (all areas)
family@dhi-services.org.uk

Bristol
Tel: 0117 916 6588

Bath & North East Somerset
Tel: 01225 329411

South Gloucestershire
Tel: 01454 868750
Freephone: 0800 0733011



Developing Health
& Independence

Families Also Matter



Are you affected by a loved one's drug or alcohol use?

Families Also Matter

About the service

We can help to reduce the impact of someone else's drug or alcohol use on their families and friends. There are a number of ways that you can get support, depending on your area:

- A dedicated website at: www.webfam.co.uk
- Help from other family members in similar situations
- Structured support groups
- Specialist groups for the parents of teenagers using drugs or alcohol
- 1:1 sessions for support, advice and counselling
- A dedicated annual conference for families and carers.

Where possible, we try to provide whole family solutions.

For more information about how to access our services and what is available in your area, get in touch using the contact details on the back of this leaflet.

What will the service mean for me?

- A safe and welcoming place to talk
- Learning effective coping strategies
- Finding out more about drugs and alcohol
- Understanding addiction
- Sharing with and learning from others with similar experiences
- Discovering you are not alone!



Developing Health
& Independence

Accessing our Services

We have tried to make the service open and accessible to all. If you feel you may have difficulty accessing the service (e.g. problems with disability, language, or child care) please contact us directly so we can look at what we can put in place to allow you to take up the service.

Complaints, Compliments, Queries

We aim to give everyone the best possible service. To enable us to do this we encourage feedback about our services, particularly about the below:

- If you are unhappy with the service we have provided you with and wish to complain
- If you want to ask a question about the support or service you have received
- If you have any comments about the service

You can write to the Chief Executive Officer via the details below. We will acknowledge your communication within 5 working days.

DHI Head Office
15-16 Milsom St, Bath BA1 1DE
Tel: 01225 478 730
Email: info@dhi-online.org.uk
www.dhi-online.org.uk

Charity No: 1078154 Company No: 383011

North Bristol based parenting - Term 1 2019-20

Below are North based courses for more information about citywide courses use this link:

https://www.bristol.gov.uk/documents/20182/33031/Parenting+courses+in+Bristol_.pdf/3701a6a9-5855-6458-60e8-dfc8f01412b9

Course	Venue	Dates/Times/Contact	Childcare available?
FIFPT Delivered: Incredible Years For parents of children with challenging behaviour aged 3-10years	Nova School Barrack's Lane Bristol BS11 9NG	Tuesdays 9:30 – 11:30am Starts on 10 th September 2019 and finishes on 10 th December Gail Hunter: 07584202855	TBC
FIFPT Delivered: Parents Plus Adolescents Programme (PPAP) For parents of young people aged 11-17 years old	Lanercost Day Centre Lanercost Road Bristol BS10 6HZ	Thursdays 6:00 – 8:30pm Starts on 12 th September 2019 and finishes on 21 st November Gail Hunter 07584202855	No childcare available
FIFPT Delivered: Parents Plus Adolescents Programme (PRAP) For parents of young people aged 11-17 years old	Woodstock School Rectory Gardens Bristol BS10 7AH	Wednesdays 9:30am – 12:00pm Starts on 6 th November and finishes on 22 nd January Gail Hunter 07584202855	No childcare available
Monthly Parents/Carers Group <i>A group for parents to come along and talk with each other about the issues that they face. The topic for the meeting will be decided by the group each month.</i>	St Pauls Adventure Playground Thomas Street Bristol BS2 9LL	Monthly Starting 1 st July 2019 6:00pm – 8:00pm No need to book For queries contact Jacqui: 07912964201 Bev: 07810506966 Marlene: 07917474693	
Incredible Years For parents of children with challenging behaviour aged 3-10years	Upper Horfield Children's Centre Sheridan Road Horfield BS7 0PU	Tuesdays Starting 17 th September Time TBC Contact Tasha or Charlene on 01173772685	

For professionals working with children

Re-engagement **support packages** for schools

LPW is a Community Interest Company that works across Bristol and surrounding areas. We provide re-engagement support packages designed to build children and young people's resilience, improve school attendance, support progress and attainment.

We aid children and young people to overcome barriers to engagement and education through relentless care and attention to detail. We believe that learning is a relational activity and, as such offer personalised interventions with an attachment theory approach.

Our support packages focus on:

- Reducing fixed term exclusions and preventing permanent exclusions
- Improving learner self-regulation, resilience and respect for themselves, peers and adults
- Improving learner attendance, aspirations and enabling them to reach their full potential
- Supporting parents to engage with their child's education
- Supporting children and young people's social, emotional and mental health
- Training for teaching and support staff to deliver their own high quality relationship driven interventions

Working closely with the referring school, parents/carers and external agencies, our role is to support you to get the best for your learners and staff. Our re-engagement support packages are highly personalised and will be co-constructed with the school to ensure we meet young peoples' needs.

"The pupils really enjoy the sessions when your staff come into school at lunch times. Most of these pupils were identified as having poor skills and unable to play a game nicely with others. They learnt new skills as well as how to turn take and being patient! Through the 6 or 10 week programmes LPW staff give these pupils the relevant skills and confidence to work as part of the team." Filton Avenue Primary School

"We are pleased to continue to work closely with LPW as their expertise is invaluable."
Barton Hill Academy

"I cannot thank the team enough for enabling this collaboration with South schools to happen. It will certainly improve the outcomes for all students engaged with it."
Merchants' Academy

Head Office: Learning Partnership West House, Princess House, Bedminster, BS3 4AG, T: 0117987 3700
E: enquiries@lpw.org.uk W: www.lpw.org.uk
Learning Partnership West CIC. A company limited by guarantee. Company Number 2911928



Examples of some of the support we have provided:

LPW School 1-1 work:

We created a 12 week programme for a student who was at risk of dis-engagement, and struggling to find positive relationships in their local community. Working on a 1 to 1 basis we supported them with numeracy and literacy, which was seen as a barrier to engagement. This young person is now highly engaged, making good academic and social progress.

Small Group work:

We developed an Identity project for young people delivering 2 hours per week over 12 weeks, helping them communicate with professionals about understanding diversity within a mainstream setting, resulting in the production of a toolkit for education professionals to support young people with their identity.

KS3 Revolving door:

We have provided a 12 week off site full time education provision and support for young people to re-engage in mainstream education. Working with young people, their parents and the school to enable a young person to transition successfully back into their mainstream setting. Attendance and engagement have progressed resulting in academic and social outcomes improving back in the mainstream school.

Forest School:

We ran a 6 week half day forest school provision in a south Bristol primary school targeting children with emotional and behavioural difficulties; accessing the outdoor environment supported an improvement in attendance and attainment at the school. School staff have reported children's improved behaviour within the classroom and ability to self-regulate.

There are many more examples of our work to engage within young people positively that we would be happy to share with you.

If you would like to know more about **LPW Independent School:**
Ofsted 2018 GOOD, our alternative learning provision,
please get in touch on the contact details below.

E: enquiries@lpw.org.uk or call **0117 987 3700**
to discuss your requirements.



Mandy Parry Training
****New brochure launched for 2019/20!****

Visit our website: www.mandyparrytraining.co.uk

Or call or email us to discuss your upcoming training needs:

07811 101740; mandyparrytraining@gmail.com



We have just launched our training brochure for the 2019-20 academic year! It's packed with information about the training and consultancy services we have on offer and can be accessed via our website. The majority of work we've delivered in the past year has been in-house via whole setting training, in particular basic and advanced safeguarding sessions, and also through the following types of audit and consultancy work:

- Safeguarding audits
- Safeguarding policy review and development
- Safeguarding subscription service
- Coaching & supervision for Designated Safeguarding Leads & their Deputies

Safeguarding Peer Supervision Group for Designated Safeguarding Leaders *NEW*

Times and dates to be arranged – if this group option is of interest to you, please contact us asap at mandyparrytraining@gmail.com or by calling 07811 101740

In the light of feedback from local Safeguarding training and keeping an eye on what's said nationally, it is apparent that there is a lack of capacity to support Designated Safeguarding Leads and their deputies through external professional supervision sessions. *In partnership with Delegated Services*, Mandy Parry is now launching Peer Supervision sessions.

Safeguarding Leaders need particular care and support. Many doing these top challenge jobs feel that they are resilient and can look after themselves, but stress can sneak up on the most resilient people and suddenly the symptoms can take over. One way to deal with this is to ensure external Supervision support. We are of the opinion there are three distinct aspects to supervision (none of them include line management):

1. Case oversight. Supporting a check through of the thinking process around specific children. Asking the 'what if' question. But if it's not, what else could be going on – is there something that could have been missed?
2. Recognition of our values, formed through our own childhood experiences, cultural background and life events. These may colour judgment and a high level of emotional intelligence is needed where there is a potential to over-identify with a child's experience or downplay its significance.
3. Pressure tipping to stress. Spotting the tipping point where cases are beginning to take a toll. It is potentially quick and easy to recognise serious stressful individual events, but the

weight of incessant day-to-day issues can build up over time and before recognised, push us over our own coping threshold, especially if there are other factors in play.

Each session should:

Offer a structured agenda to ensure that the approach is supportive and truly responsive to the needs of the participants; ensure a focused discussion which will enable collective problem solving; develop the ongoing safeguarding skills and knowledge of participants; make a contribution to Continuing Professional Development; broaden leadership skills; build confidence; and offer practical ideas to help in the workplace.

Open Courses

In 2019-20 we will also continue to offer an open course programme in partnership with Delegated Services – this represents great value for individuals who may have missed out on whole team training, who operate on an independent basis, or are new to a particular role. **TO BOOK ONTO AN OPEN COURSE, PLEASE EMAIL: shelley.brown@delegatedservices.org** All of the courses below (*plus many more*), can also be delivered in-house to wider teams, where we can tailor the training to suit your setting's specific needs:

• Basic Safeguarding Awareness	Wednesday 8 January 2020; Tuesday 19 May 2020
• Advanced Safeguarding for Designated Safeguarding Leads	Thursday 10 October 2019; Wednesday 5 February 2020; Tuesday 14 July 2020
• Extended Safeguarding (NEW)	Tuesday 3 March 2020; Thursday 25 June 2020
• Safeguarding Train the Trainer (NEW)	Thursday 28 November 2019; Tuesday 30 June 2020
• Developing Effective Supervision for Safeguarding Staff	Thursday 11 January 2020; Wednesday 10 June 2020
• Managing your Single Central Record effectively	Tuesday 22 October 2019; Thursday 20 April 2020
• How to Manage a Child's Disclosure of Abuse	Tuesday 19 November 2019; Wednesday 18 March 2020
• FGM & Cultural Abuse	Thursday 7 November 2019; Wednesday 8 July 2020
• Prevent: Supporting establishments to comply with radicalisation and extremism responsibilities	Thursday 12 December 2019; Wednesday 13 May 2020

Raising dementia awareness in Bristol schools



My name is Sally Townsend and I am the Education Community Development Coordinator for Alzheimer's Society. Dementia can have a significant impact upon a family and community, as well as the person who has dementia. By teaching young people about the condition, we can empower them to understand dementia, reduce stigma and equip individuals with small, easy ways to make a positive difference. Our aim is to raise dementia awareness amongst our young people in Bristol, so that we can become more dementia friendly as a city and beyond. You can play a part in helping us to achieve this.

Did you know....?

There are 850,000 people living with dementia in the UK. This figure is predicted to reach 2 million by 2051.

Nearly a third of our young people know someone with dementia.

How is this relevant to your school?

Educating pupils (and the wider school community) about dementia can increase understanding and change attitudes, resulting in reduced isolation for people with dementia.

Through learning, pupils will be encouraged to become active and responsible citizens. There are clear links to the PSHE curriculum (National Curriculum) and SMSC development (Ofsted).

Educating pupils about dementia means that pupils are more able to protect their own future health and wellbeing.

Through education, we are helping to create a dementia friendly workforce of the future, where young people will be able to transform their own and others' lives, both personally and professionally.

What we can offer your school:

- An educational assembly for pupils
- An introductory Dementia Friends session for pupils and adults (e.g. staff, governors, parents), in order to raise awareness and support social change
- A range of follow up opportunities can be personalised to your school community thereafter

What next?



If you would like more information, please contact me;

E: sally.townsend@alzheimers.org.uk

M: 07590 884435

I am happy to visit you in school to create a bespoke programme for your pupils, families and staff. I look forward to hearing from you.



The Dementia Wellbeing Service is a partnership between Alzheimer's Society and the NHS, delivering dementia support services to people affected by dementia in Bristol.

Feedback from Bristol Schools...

Dementia Friends sessions at Bedminster Down School, May 2018

'Great exercises and questioning skills enabled clear visualisation of the challenges of those facing dementia. Students engaged and enjoyed it.'

(Class teacher)

'The sessions have been really thought provoking for both pupils and staff, and gave us a real insight into life with dementia and what we can do to help.'

(PSHE lead)

Assembly at Redland Green School, April 2018

'Clear and pacy, all students were well engaged.'

(Wellbeing Lead)

YR story session at Wansdyke Primary School, May 2018

'Lovely book and illustrations, the children could join in with the actions. Sally was really friendly and welcoming. The children really enjoyed the story.'

(Class teacher)

Dementia Friends session at St John's CE VA Primary School, July 2018

'Sally is a confident, knowledgeable and enthusiastic presenter. She made it more interactive and hands on for this age range, using drama and participation.'

(Deputy Head teacher)

Assembly at Cathedral Primary School, June 2018

'Pitched very well. Thought provoking and helped the children to know about dementia.'

(Head teacher)

'I know it was good because time went really quickly!'

(Pupil)

Staff Dementia Friends session at St Ursula's E-Act Academy, June 2018

'Knowledgeable delivery. Range of activities were effective. Deliverer is passionate about the subject.'

(Head teacher)

'Sally is very knowledgeable in her field and has a great approach, showing understanding for other demands in the profession.'

(PSHE lead)

Complementary Education



Complementary Education Provision

Our Complementary Education Provision is a targeted early intervention creative programme aimed at supporting students who are at risk of disengaging from mainstream education.

We work with schools to re-engage pupils of any age back into their learning. Through our work, we know that 80% of students disengaging with education are doing so because of factors outside of school. The Complementary Education programme provides interactive and inspiring delivery with artists and youth workers who work with the students as a group and individually to understand the issues affecting them. By doing so, we create a wrap around youth service with one to one support.

Through this provision, we engage young people through creativity, empowering them to find their voice. We offer mentoring and support throughout and signpost to other relevant youth provisions and one to one youth workers in their area. At the end of each course we hold a showcase to share the achievements of the group with the school, parents and other stakeholders, which has a positive impact on each student's confidence and self-esteem.

By increasing school attendance and motivation for learning, the programme clearly works towards reducing the number of exclusions from mainstream education.

Complementary Education Provision

A targeted early intervention creative schools programme, supporting students who are most at risk of disengaging from mainstream education.



Who?

Up to 30 pupils, who are most at risk of disengaging from mainstream education, have been identified as having multiple disadvantages or who have a negative attitude towards school.

What is the programme?

Over the course of the academic year, we're running three creative programmes for up to 10 young people. This is a fantastic chance to have your work exhibited and celebrated whilst increasing your confidence!

For more information and to sign up:
creative.dept@creativyouthnetwork.org.uk
0117 947 7948

**CREATIVE
YOUTH
NETWORK.**

For everyone!



For the 10th anniversary the biggest festival yet has been planned, taking place 13th July at the Downs.

Pride events will be running from 28th June – 14th July

Further information can be found at www.bristolpride.co.uk or pop into the Pride Hub, The Vestibules City Hall (Open 11am-7pm weekdays only)

NEW TIMES: 4.30 – 5.30
SAME DAY: Tuesdays
SAME PLACE: Shirehampton Public Hall
A Fun Exercise for ALL the Family!

Can you spin a hula hoop and keep it going?
Want to learn?

Join 'Spinning Kia' have fun & forget you are getting fit?



The Tuesday class is open to All ages
So, Mums & Dad's join in with your kids?
Adults welcome to come on their own or bring some friends
Drop In Sessions: £3.50 per person
Discount available for 6-week block bookings!



Ambition Lawrence Weston exists as a resident-driven organisation striving to make Lawrence Weston a good place to live and work.

Upcoming meetings:

- [Big Local meeting](#). Thursday 25th July 1-3pm at Ambition Lawrence Weston, Lawrence Weston Youth Centre, Long Cross, BS11 0RX
- [Planning group meeting](#). Thursday 25th July 7-9pm at Ambition Lawrence Weston, Lawrence Weston Youth Centre, Long Cross, BS11 0RX.



The BIG Lawrence Weston Picnic!

Join us on the 30th July on Ridingleaze for the BIG community Picnic. we want everyone from the community to come together to share lunch, and have a good time, lets hope the sun is shining! 12-2pm.



Lawrence Weston Litter Pick

Join us for another litter pick - this time we will be meeting outside the co-op on Wednesday 3rd July and Tuesday 23rd July at 10am to spruce up Ridinglease.

**First Saturday of the Month
@ Blaise Weston Court, Broadlands
Drive 10.30am**

New Monthly Group 1st Saturday of Every month
We will have someone here giving tips and practical support, with wood work, Electrical, Sewing and Crocheting.

If you have something in need of a quick fix please bring it along. Or if you have a skill and are happy to offer your time to help someone get something fixed

UPCYCLE

Want to find out more? Please call Lynne Stevens 0117 952 2072 or email Lindsay.stevens@hanover.org

Repair Cafe at Blaise Weston Court

Come along to the Repair Cafe at Blaise Weston Court **SATURDAY 6th July from 10.30am**. Open to everyone, free breakfast and hot drinks served and if you have something for a quick fix bring it along and we'll see if we can fix it!

Always the first Saturday of the month.

Avonmouth and Lawrence Weston Ward Community Meeting - Open to ALL residents

Avonmouth and Lawrence Weston Ward Wide Meeting

The next ward meeting will be held on July 18th at 7pm at Avonmouth Community Centre - the theme for this meeting is the Environment. no need to book, just come along, everyone welcome. Refreshments provided.



Bristol Youth Offending Team

Open Day

18th July 2019

We are holding an open day. Come and meet members of the team and find out about what the YOT does including:

Working in the courts

Delivering restorative justice

**Helping children and young people to keep out of
trouble and build positive futures**

Our work with partners throughout Bristol

This Open Day is open to Council Members, people who work with children and young people in Bristol and to young people who want to learn about this area of work.

The open day is taking place at our office:

Phoenix Court

Bond Street South

BS1 3PH

There are three bookable timeslots

11am - 1pm/1pm - 3pm/3pm - 5pm

To book your timeslot:

Email : Yot@Bristol.gov.uk telling us the time you wish to attend and your name, organisation and your role, or if you are a student, please tell us which school, college or university you attend. It would also be helpful if you could tell us how you heard about this event.

SPACE TO HIRE FOR PARTIES

SOFT PLAY FOREST SCHOOL

FIVE A SIDE OUTDOOR PLAY



**Southmead
Adventure Playground**

Southmead Development Trust has taken on the management of the Southmead Adventure Playground and they are very pleased to be able to start taking bookings and enquiries about using this space!

The playground is a truly multi-purpose space, with a soft play, forest areas, football pitch, and adventure play area, a toddler play area and a kitchen.



COMMUNITY GARDENING GROUP

Blaise Weston Court, Lawrence Weston

The Community Gardening Group meets weekly and is open to all who want to:

- Learn/share knowledge and skills with others
- Socialise with other members of the community
- Keep fit and active
- Take part in seasonal gardening activities
- Grow fruit, vegetables and flowers

All ages and abilities welcome, no experience necessary. Support and accessible tools are provided if needed. We'll work indoors in poor weather.

When: Wednesdays 1.30pm-3.30pm

Where: Blaise Weston Court, Broadlands Drive, Lawrence Weston, Bristol, BS11 0A.

Meet in the foyer of Blaise Weston Court.

How: Drop in or contact Abi to find out more **07410379704** or email **abi@aliveactivities.org**

Alive is the UK's leading charity enriching the lives of older people in care and training their carers - find out more at www.aliveactivities.org.

Registered Charity No. 1132708





Lawrence Weston Community Farm is a community-managed project that aims to improve the quality of life for local people and its service-users.

The farm does this by working with members of the local community and others, to provide a range of innovative and exciting, educational, social, environmental, economic and recreational activities. The farm is particularly interested in combating social exclusion and addressing issues caused by multiple deprivation by providing a safe and supportive environment in which people can flourish and contribute positively to their community.

For more information go to: <http://www.lwfarm.org.uk/>



The Survivor Pathway is an online resource for **anyone** wanting to know more about specialist sexual violence support services in the South West.

For more information about the services available in your area please use the map below. <https://www.survivorpathway.org.uk/>

Advice Appointments



North Bristol Advice Centre offers **advice appointments** across North Bristol and South Gloucestershire every week. We can provide advice by telephone too.

Debt Advice

Tuesday

Southmead - Greenway Community Practice, BS10 6AF

Lawrence Weston - Lawrence Weston Youth Centre, BS11 0RX

Thursday

Lockleaze - NBAC office, 2 Gainsborough Square, BS7 9XA

Welfare Benefits & General Queries

Monday

Lockleaze - NBAC office, 2 Gainsborough Square, BS7 9XA

Patchway - One Stop Shop, Rodway Road, BS34 5PE

Lawrence Weston Appeals - LW Youth Centre, BS11 0RX

Tuesday

Shirehampton - Health Centre, Pembroke Road, BS11 9SB

Wednesday

Kingswood - One Stop Shop, High Street, BS15 9TR

Southmead - Greenway Community Practice, BS10 6AF

Thursday

Lockleaze - NBAC office, 2 Gainsborough Square, BS7 9XA

Call 0117 951 5751 to book

(office hours Mon-Thurs, 9am-5pm)

www.northbristoladvice.org.uk

Curriculum / Events Calendar 2019

Dear colleagues

As in previous years we compiled a list of curriculum events which hopefully inspires some of your programme planning and delivery within the current projects.

Curriculum activities and events are positive opportunities to engage children and young people in planning, delivery and evaluation of projects, big or small, and to secure intermediate outcomes for participants and in the wider context to contribute to meeting the final outcomes. |

The following is a list of suggested curriculum calendar events and activities throughout 2019. Please note this list is not exhaustive.

Month	Start	Finish	Event	Link
January	Mon 14 th January	Mon 14 th January	STI Day	http://www.stiq.co.uk
	Sun 20 th January	Sun 20 th January	World Religion Day	http://www.national-awareness-days.com/january/world-religion-day/
	Fri 25 th January	Fri 25 th January	Young Carers Awareness Day	https://carers.org/young-carers-awareness-day
February	Tues 5 th February	Tues 5 th February	Internet Safety Day	https://www.saferinternet.org.uk/safer-internet-day/2019
	Fri 8 th Feb	Fri 8 th Feb	Youth Election results Day	www.bristol.gov.uk/youthelections
	Thurs 14 th February	Thurs 14 th February	Valentine's Day	https://www.4ypbristol.co.uk/
	Fri 1 st February	Thurs 28 th February	LGBT History Month	http://lgbthistorymonth.org.uk/lgbt-history-month-2019-has-launched/
March	Fri 8 th March	Fri 8 th March	International Women's Day	https://www.internationalwomensday.com/
	Wed 13 th March	Wed 13 th March	National No Smoking Day	https://www.nhs.uk/Livewell/smoking/Pages/stop-smokingnewhome.aspx
	Fri 8 th March	Sun 17 th March	British Science Week	https://www.britishscienceweek.org/
	Sat 16 th March	Sat 16 th March	Disabled Access Day	https://www.disabledaccessday.com/
	Mon 18 th March	Mon 18 th March	CSE Awareness Day	https://www.awarenessdays.com
April	Mon 1 st April	Sun 7 th April	World Autism Awareness Week	https://en.wikipedia.org/wiki/World_Autism_Awareness_Day
	Sun 7 th April	Sun 7 th April	World Health Day	https://www.awarenessdays.com/awareness-days-calendar/world-health-day-2019/
	Friday April 5 th	Friday April 5 th	Young Hero Awards Event	http://www.communityofpurpose.com/heroes/
May	TBC		Islam Awareness Week	http://iaw.org.uk/
	Fri 17 th May	Fri 17 th May	International Day against Homophobia	http://dayagainsthomophobia.org/

	Mon 13 th May Or 7-13 th	Sun 19 th May	Mental Health Awareness Week	https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week
June	Mon 10 th June	Sun 16 th June	Carers' Week	https://www.carersuk.org/news-and-campaigns/campaigns/carers-week
	Mon 17 th June	Sun 23 rd June	Refugee Week	http://refugeeweek.org.uk/refugee-week-2019-
July	Mon 1 st – July	14 th July	Bristol Pride Week	http://bristolpride.co.uk/
	Sat 13 th	Sat 13 th	Bristol Pride Day	http://bristolpride.co.uk/
	Sun 14 th July	Sun 14 th July	Disability Awareness Day	https://www.disabilityawarenessday.org.uk/show
	Fri 19 th July	Sun 21 st July	Bristol Harbour Festival	http://bristolharbourfestival.co.uk/ http://www.efestivals.co.uk/festivals/bristolharbour/2019
August	Wed 7 th August	Wed 7 th August	Play Day	http://www.playday.org.uk/
	Thurs 15 th August		A level results day	
	Thurs 22 nd Aug		GCSE RESULTS DAY	
September	Mon 23 rd Sep	Sun 29 th Sep	Sexual Health Week	https://www.fpa.org.uk/campaigns/sexual-health-week
	Mon 23 rd Sep	Mon 30 th sept	Bisexual awareness week	https://www.timeanddate.com/holidays/world/celebrate-bisexuality-day
October	Tue 1 st Oct	Thurs 31 st Oct	Black History Month	http://www.blackhistorymonth.org.uk/
	Mon 29 th Oct	Mon 2 nd Nov	Spooky week	https://www.avonandsomerset.police.uk/newsroom/features/stay-safe-this-halloween/
	Wed 31 st Oct	Wed 31 st Oct	Halloween	https://www.google.co.uk/#q=halloween+resources+2019
	TBC	TBC	Freedom of Mind festival	https://freedomofmind.org.uk/
November	Tue 5 th Nov	Tue 5 th Nov	Bonfire Night	http://bonfire-night-safety.co.uk/
	Mon 4 th Nov	Sun 10 th Nov	Youth Work Week	http://www.nya.org.uk/supporting-youth-work/youth-work-week/
	Wed 20 th Nov	Wed 20 th Nov	Transgender Day Of Remembrance	https://www.glaad.org/tdor
December	Sun 1 st Dec	Sun 1 st Dec	World Aids Day	https://www.worldaidsday.org/
	Tue 3 rd Dec	Tue 3 rd Dec	International Day of Disabled Persons	https://www.timeanddate.com/holidays/un/international-day-persons-disabilities

Bristol Libraries updates-



Bristol Libraries
www.bristol.gov.uk/libraries

SCI FI & FANTASY READING GROUP

FIRST FRIDAY OF THE MONTH, 1PM-2PM

SOUTHMEAD LIBRARY



Baby Bounce and Rhyme



Come along to one of our baby bounce and rhyme sessions with your baby to share favourite nursery rhymes. Sessions last around 30 minutes and are a great place to develop early language skills as well as meet others. Older siblings are welcome too.

Library	Day (Term time only)	Time
Bedminster 9038529	Wednesday Friday	10.30am & 11.15am 10.30am
Bishopston 3576220	Wednesday	11.30am
Bishopsworth 9038566	Wednesday	2.00pm
Central 9037215 All year round!	Monday Tuesday Friday Saturday	2.00pm 10.00am 2.00pm 11.30am
Clifton 9038572	Monday Friday	10.30am 10.30am
Filwood 9038581	Wednesday	11.30am
Fishponds 9038560	Tuesday	2.15pm
Hartcliffe 9038568	Friday	2.00pm
Henbury 9038522	Monday	11.15am
Henleaze 9038541	Thursday	2.00pm
Hillfields 9038576	Wednesday	2.15pm
Horfield 9038538	Monday	11.30am
Junction 3 9223001	Monday	2.15pm

Library	Day (Term time only)	Time
Knowle 9038585	Tuesday Thursday	11.30am 11.30am
Marksbury Road 9038574	Thursday	10.30am
Redland 9038549	Tuesday	11.30am
Sea Mills 9038555	Tuesday	10.45am
Shirehampton 9038570	Thursday	11.30am
Southmead 9038583	Wednesday	11.15am
St George 9038523	Tuesday	11.00am
St Paul's 9145489	Tuesday	2:00pm
Stockwood 9038546	Friday	10.30am
Westbury 9038552	Wednesday	11.15am
Whitchurch 9031185	Monday	2.15pm
Wick Road 9038557	Wednesday Wednesday	10.30am 11.30am



Bristol Libraries

February 2018

www.bristol.gov.uk/libraries





Storytime Sessions

Fun sessions for toddlers from around 18 months. Join us for stories, rhymes and simple craft or colouring activities. Contact individual libraries for details.

Library	Day (Term time only)	Time
Bedminster 9038529	Monday	10.30am
Bishopston 3576220	Saturday	11.30am
Bishopsworth 9038566	Wednesday	2.00pm
Central 9037215	Tuesday All Year Round!	11.30am
Clifton 9038572	Tuesday	2.30pm
Filwood 9038581	Friday	11.30am
Fishponds 903560	Tuesday	2.45pm
Hartcliffe 9038568	Wednesday	10.30am
Henbury 9038522	Wednesday	11.30am
Henleaze 9038541	Thursday	11.15am
Hillfields 9038576	Wednesday	2.45pm
Horfield 9038538	Tuesday	11.30am

Library	Day (Term time only)	Time
Junction 3 9223001	Monday	2.45pm
Knowle 9038585	Friday	11.30am
Marksbury Road 9038574	Tuesday	10.30am
Redland 9038549	Wednesday	2.30pm
Sea Mills 9038555	Tuesday	10.45am
Shirehampton 9038570	Thursday	11.30am
Southmead 9038583	Tuesday	11.30am
St George 9038523	Thursday	10.15pm
Stockwood 9038546	Wednesday	10.30am
Westbury 9038552	Monday Friday	2.15pm 11.15am
Whitchurch 9031185	Tuesday	10.30am
Wick Road 9038557	Friday	10.30am



Regular Activities in North West Bristol Libraries

Southmead - 0117 9038583

Tuesdays

Pre School Storytime

11.30am-12noon term time

Wednesdays

Art club 11am-1pm, contact Gill Dix

Baby Bounce & Rhyme 11.30am-12noon
term time

Shared Reading Group 2pm-3:30pm

Fridays

MP Darren Jones Advice surgeries please
contact his office for details 0117 959 6545

Science Fiction reading group

First Friday of the month, 1pm-2pm

Book Chat Group Second Friday of the month,
1:30pm-2:30pm

Code Club for 8-11s: 3:45pm (for a limited time)

Saturdays

Local councillor advice surgeries 3rd Saturdays
11am-12noon, informal drop in

Saturday Stitch Second and fourth Saturdays of
the month, 2pm-3pm

Music Club Third or fourth Saturdays, 3pm-4pm

Henleaze - 0117 9038541

Friends of Henleaze Library ask Megan for
details. The Friends meet on an ad-hoc basis, and
regularly put on cultural events

Meeting room for hire ask Megan for details
(Monday and Thursday evenings already taken)

Tuesdays

HZ Reading Group first Tuesday of the month
11am-12noon (See staff for waiting list)

IT Support Sessions 2:30pm-4pm (1/2 hour or
hour sessions booked in advance, see staff)

Thursdays

Baby Bounce & Rhyme term time, 2pm-2.30pm

Pre-school Storytime term time, 11.15-11.45am

IT Support Sessions 3-4:30pm (1/2 hour or hour
sessions booked in advance, see staff)

Fridays

Crime Reading Group third Friday of the month:
1.15pm -2.15pm (See staff for waiting list)

Chess Club fortnightly, 5:30pm-6:45pm, all ages
welcome, starting 18th January 2019

Henbury - 0117 903 8522

Mondays

Baby Bounce term time, 11.15am-11.45am

Adult Board Games club 3pm (Chess, Scrabble)

Bristol Charities Advisory Group first Monday
monthly, 1pm-2pm

Wednesdays

Pre-school Storytime term time, 11.30am-
12noon

Benefits Advice 11.30am-12.30pm

Fridays

Reading group adults last Friday monthly, 11am

Saturdays

Junior Art club 11am-12.30pm

Knit and Natter First Saturday of the month,
2.30pm-3.30pm

Horfield - 0117 9038538

Mondays

Baby Bounce term time, 11.30am-12noon

Parents' Reading Group after Baby Bounce,
fourth Monday monthly

Junior Chess Club 3.30pm-4.30pm (starting in
September)

Tuesdays

Pre-school Storytime term time, 11.30am-
12noon

Board Games Club 3pm start (Chess, Scrabble)

Thursdays

Reading group adults fourth Thursday monthly,
10.30am-12.30pm

Knit & Natter Third Saturday monthly,
2.15pm-3.15pm

Sea Mills - 0117 9038555

Mondays

Reading group adults Second Monday of the month, 10.30am

Tuesdays

Baby Bounce & Rhyme 10.45am-11.15am term time

Wednesdays

Books Aloud Shared Reading, second & fourth Wednesday of the month, 10:30am-12noon
Sketch & Chat first Wednesdays 2pm-3pm

Thursdays

Knit & Natter 2pm-3pm

Fridays

Over 50's Social Group third Friday of the month, 10.30am-12.30pm

Saturdays

Councillors' surgeries First Saturday of every odd month (January, March, May, July, September, November) 10am-12noon
Code Club 10:15am-11:15am for ages 8-11, please book
Homework Club second Saturday 2pm-3pm
Any attendees must be accompanied by a parent/guardian

Shirehampton - 0117 9038570

Thursdays

Baby Bounce & Rhyme term-time, 11.30am-12noon

Saturdays

Councillors' surgeries third Friday of every EVEN month (February, April, June, August, October, December) 10am-12noon

Avonmouth - 0117 9038580

Wednesdays

Happy Reading Café Second Wednesday of the month, 2pm-3pm in the Community Centre

Fridays

Councillors' surgeries third Friday of each odd month (January, March, May, July, September, November) 10am-12noon in the Community Centre

Lockleaze - 0117 3534667

No activities currently running

Westbury - 0117 9038552

Westbury Library Group ask Megan or Paul W for details

Mondays

Pre-School Storytime with volunteer Ann, term-time, 2.15pm-2.45pm

Just Add Cake Modern Literature Reading Group, fourth Monday of the month, 5:45pm-6:45pm

Tuesdays

Pre-school children's Spanish Storytime with volunteer Ann: term-time Tuesdays 11:15-11:45am

Thursdays

Shared Reading 11:00am-12:30pm

IT Support Sessions 11.15am-12.45pm fortnightly
(1/2 hr or hour slots bookable in advance see staff)

Reading Group one Last Thursday of the month, 2pm (See staff for waiting list)

Reading Group two Second Thursday of the month, 2pm (See staff for waiting list)

Fridays

Pre-school Storytime with Library staff, term-time, 11.15am-11.45am

For more information on any of these groups, please call or ask in the relevant library.